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Your essential daily news | TUESDAY, JULY 7, 2015

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‘Err on the side of caution’

LAW OFFICE BOMBING

Police chase suspicious package calls

Shane Gibson
Metro | Winnipeg

Police raced from one suspicious package call to another Monday after expressing fears the man accused of sending three mail bombs — including one that seriously injured a woman Friday — had posted others before his arrest Saturday.

Guido Amsel, 49, is facing two counts of attempted murder, aggravated assault, and a number of explosives charges in connection to mail bombs sent to two Winnipeg law offices and an East Kildonan automotive shop Friday and over the weekend.

Police say Amsel targeted his ex-wife and lawyers involved in a legal dispute between the two. They warned other lawyers and justice officials to be wary of suspicious packages.

There were four suspicious package calls in just two hours Monday morning and at least three more in the afternoon.

The first call came in at 9:46 a.m. to a Canada Post depot on McDermot Avenue for a package that turned out to be a DVD. Police then responded to a call that turned out to be unfounded at the Sobeys on Reenders Drive. Another false alarm at city hall sent councillors and city employees into the street around 11:15 a.m. and a fourth call to the Canada Building at 352 Donald St. at 11:47 a.m. also turned up nothing.

After lunch police were called to the Canada Post building on Wellington Street, a house on Bannerman Avenue and to Winnipeg South MP Rod Bruinooge’s office. All calls turned out to be unfounded.

Police spokesman Const. Eric Hofley couldn’t say how many officers the calls tied up, but said police are happy to stretch resources — and their yellow tape budget — to make sure no one else is hurt.

“We are encouraging anyone to err on the side of caution if you think it’s suspicious.”

A police officer takes tape down from a perimeter set up in response to a suspicious package call at 352 Donald St. Monday. The threat turned out to be unfounded. Police were called to several unfounded suspicious package calls Monday. SHANE GIBSON/METRO

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Accused bomber entangled in messy dispute with ex-wife

CRIME

Guido Amsel in custody after blast at local law firm

Court documents show a man accused of sending letter bombs to Winnipeg lawyers and his ex-wife has been in a decade-long battle with his former spouse that includes accusations of theft, impersonation and a wedding ring being flushed down a toilet.

Police allege Guido Amsel, 49, became so enraged over perceived mistreatment at the hands of his former wife and lawyers who had been involved in the dispute, he sent explosive devices to their offices though Canada Post.

According to a sworn statement from police, an explosive compound was hidden in "a small grey voice recorder."

Local lawyer Maria Mitousis, 38, was seriously injured when one of the bombs blew up at a firm on Friday. Police detonated two more devices over the weekend and warned justice officials that more could be found in the next day or so.

Court documents show Guido Amsel and his wife, Iris Amsel, separated in 2004. They have a son, who was nine at the time.

Documents from the divorce proceedings show no unusual acrimony at first. Amsel and his wife owned a numbered company involved in automotive repair. The couple initially split shares in the company — Amsel later bought out his ex-wife — and Amsel was ordered to pay $500 a month in child support.

The divorce became bitter in 2010. Guido Amsel accused his ex-wife of siphoning more than $3 million from the company into hidden bank accounts prior to the divorce being finalized.

"It is my belief at the present time that during our cohabitation, the respondent secreted money to these accounts," reads an affidavit from Guido Amsel dated July 9, 2010.

"I am fearful that the respondent will transfer funds from these and any other accounts she may have to Germany and thereafter relocate there with the intention of keeping our son there as well."

Guido Amsel also accused his ex-wife in the affidavit of flushing his wedding ring down a toilet and trying to break up his second marriage by calling and pretending to be a boyfriend of the new wife.

Iris Amsel has denied all the accusations.

Iris Amsel's lawyer was Mitousis, who was taken to hospital in critical condition, but has since been upgraded to stable. A source in the legal community said Mitousis had surgery and lost one of her hands.

Guido Amsel's son, Kyle, wrote in a 2013 affidavit that he did not have a good relationship with his father, in part because "he has been threatening towards me when I do not agree with him that my mother stole several million dollars from their company."

Guido Amsel was being held in custody on charges including attempted murder pending a court date Tuesday. Police said they were continuing to search a business and a residence linked to the suspect.

Mayor Brian Bowman said police likely saved lives with their work over the weekend tracking down a suspect and taking precautions with any suspicious packages.

"The events that started on Friday are harrowing. Across our community, I think it is safe to say we are reeling as Winnipeg our home has always seemed impervious to such ruthless, vengeful attacks," Bowman said Monday.

THE CANADIAN PRESS

Winnipeg police patrol near City Hall Monday after a suspicious package was found, forcing the building's evacuation.
SHANE GIBSON/METRO

Guido Amsel WPS/HANDOUT

TRANSCONA

City committee scraps industrial park partnership

Colin Fast
Metro | Winnipeg

Stop us if you've heard this before: city hall is involved in a controversial land deal.

No, it's not the fire halls, the police headquarters, the water park or True North Square. This time, it's a proposed industrial park in the Transcona ward.

On Monday, council's property and development committee voted to rescind a 2013 council decision to develop the 237-acre site as a joint venture with property firm Terracon.

"It doesn't make any economic sense for us to proceed with the first stage of this development," said city CAO Doug McNeill. "We've looked at the costs in detail, and costs have gone up."

McNeill said a major sticking point was the cost of provincial property taxes. Terracon wanted the city to cover the taxes, but the city refused.

"We're open for business and development, but not at any cost," he said.

But Transcona Coun. Russ Wyatt said cancelling the deal could potentially cost the city even more in lost jobs and economic opportunities.

"Right now the rural municipalities are kicking our butt when it comes to this sort of stuff," he said. "They're able to sell and market land for a lot less, and you're seeing a lot of industries and businesses move outside the city."

Wyatt said he's particularly concerned that dairy producer Parmalat could leave the city. The company had tentative plans to build a milk processing plant in the new industrial park, replacing its existing facility in St. Boniface.

McNeill planned to meet with Parmalat, and he suggested there are other industrial lands in Winnipeg owned by private developers that could accommodate the milk plant.

SURVEY

Residential schools 'cultural genocide'

Nearly two-thirds of Manitobans think Canada committed a cultural genocide through the residential school system, according to poll results released Monday.

The Probe Research survey found 64 per cent of adult Manitobans polled agree with the Truth and Reconciliation Commission (TRC) contention that Canada is guilty of cultural genocide for the generations of children forced to attend residential schools.

The survey shows 27 per cent disagreed, and another 10 per cent were unsure or didn't respond.

When asked if the federal government has done enough to address the negative legacy of residential schools, Manitobans were split with 45 per cent saying enough has been done and 47 per cent saying Ottawa needs to go further.

64%

Percentage of Manitobans polled who believe Canada committed cultural genocide.

The provincewide survey, conducted between June 10 and June 27, found First Nations and Métis Manitobans were much more likely to agree that the residential school system amounted to a cultural genocide with 57 per cent strongly agreeing compared to 31 per cent among non-indigenous people. METRO

LES MISÉRABLES MEDIA SNEAKS A PEEK The cast of Les Misérables performs at Rainbow Stage in Kildonan Park Monday for a media preview. The show runs July 9-24. DAVID LIPNOWSKI/FOR METRO

MUNICIPAL MATTERS

Parking tickets won't hit the courts

Parking ticket cases won't clog up Manitoba court rooms, and motorists wanting to challenge a questionable ticket should be able to get a quick hearing, thanks to upcoming changes to legal procedures.

On Monday, the city said new provincial legislation will remove judges from the process of challenging tickets, and replace them with city screening officers, who will review the circumstances of disputed tickets.

If a motorist isn't satisfied with a screening officer's decision, the next step would be a hearing before a provincially appointed adjudicator located at the Parking Authority offices.

$550K

City officials said these changes will cost it about $550,000 annually for screening officers and adjudicators.

Under the legislation, a request for adjudication could cost motorists up to $25, which is refunded if the ticket is overturned.

The new system — which is similar to what's in place to challenge parking tickets in British Columbia and several Ontario cities — is expected to be in place by mid-2016. METRO

Winnipeg woman facing fraud charges

JUSTICE SYSTEM

Other charges of hiding infant remains to reach court next year

A woman accused of hiding the remains of six infants in a Winnipeg storage locker is going to trial on fraud charges.

Andrea Giesbrecht is accused of defrauding Manitoba's Employment and Income Assistance, a payday loan company and an unnamed individual.

She also faces six charges of concealing a body in relation to the remains found last year.

Giesbrecht has been out on bail since the spring and left court quickly after a trial was ordered for the fraud charges.

Matt Gould, her lawyer, says they tried to negotiate a settlement with the Crown that wouldn't have involved jail time, but no agreement was reached.

He says it could take a year before the fraud charges make it to trial.

"We feel, as her defence, that it's inappropriate to add jail time to this type of charge. She was willing to acknowledge that paying (the money) back was appropriate," Gould said Monday.

"By insisting on jail time, it left the defence in a position where we felt we had no option except to set these matters for trial."

Court records show Giesbrecht, 41, was a gambling addict with a low-paying job at a fast food restaurant before she was arrested last October.

Two charges of fraud over $5,000 were laid against her in 2012. Giesbrecht was given a suspended sentence and two years of probation at a court hearing last year after pleading guilty to borrowing money from a 73-year-old neighbour and repaying her with bounced cheques.

Her defence lawyer, Alan Libman, told the court that Giesbrecht's parents were longtime gamblers. Gambling was "part of the family milieu," he said at the time.

She is expected to go on trial to face charges related to the infant remains in April.

Another lawyer representing her in that case has maintained there are no signs of foul play and no evidence the infants were born alive. THE CANADIAN PRESS

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HABITAT FOR HUMANITY LENDING A HELPING HAND Winnipeg Mayor Brian Bowman helps Habitat for Humanity crews constructing a home in the west end Monday after presenting the non-profit with $3,000 of the proceeds from his March state of the city address. Winnipeg businessman Albert El Tassi matched the donation and added another $1,000, joking that he was topping things up because he wouldn't be joining the mayor to help to build the house. SHANE GIBSON/METRO

Mosasaur becomes official fossil emblem

BILL 200

Prehistoric reptile named Manitoba's eighth symbol

Manitoba has another emblem, and it's prehistoric.

Manitoba Lieutenant governor Janice Filmon recently gave royal assent to Bill 200, which officially designates the mosasaur as the province's eighth official emblem.

"Specifically the genus and species that is represented by the Canadian Fossil Discovery Centre's famous mosasaur Bruce — Tylosaurus pembinensis — became the province's Official Fossil Emblem, making Manitoba only the second Canadian province to designate one, the other being Nova Scotia," reads a statement from the CFDC.

Bruce had some competition, including Tyndall Stone, Cedar Lake Amber, the world's largest trilobite housed at the Manitoba Museum Isotelsu rex, a type of horseshoe crab called Lunataspsis aurora and a giant snail known as Maclurina manitobensis.

Manitoba's other emblems include the official flower (Prairie Crocus), bird (Great Grey Owl), tree (White Spruce), soil (Newdale soil), fish (Walleye), mammal (Plains Bison) and grass (Big Bluestem). METRO

The Canadian Fossil Discovery Centre is home to Bruce, the province's Mosasaur. CFDC/HANDOUT

EDUCATION

Red River College names new president

The province's largest trade college is under new management.

Red River College's board announced the appointment of Paul Vogt as the new president and CEO.

Vogt was the head of the Manitoba government's public service for eight years.

He graduated from the University of Manitoba with a political studies degree and earned a Rhodes Scholarship. He has taught at the University of Manitoba and the University of Winnipeg, as well as the Canadian Mennonite University, and has lectured on a wide variety of political subjects.

He has served as Policy Secretary to Cabinet for the province, and as clerk of the executive council and cabinet secretary.

"Education is the cornerstone to create a thriving economy," said Vogt. "I am honoured to join Red River College, an institution that plays a critical role in our community with a proud past and bright future." METRO

ENTOMOLOGY

Insects might have emotions: Studies

If you knew that pesky fly buzzing around your kitchen had feelings, would you still swat it?

According to a post on BrainBlogger.com, a number of recent studies show insects experience something akin to emotion, and may even possess empathy for their fellow bugs.

In one experiment, a colony of bees was subjected to a simulated badger attack (no, really) and then presented with two chemical scents: one designed to simulate food and attract the bees and another that typically repels them.

"Bees that had been shaken became pessimistic, glass-half-empty characters that were more likely to react to the nasty smell in the mixtures and recoil as opposed to being attracted to the yummy smell ... Unshaken bees on the other hand remained their more optimistic, glass-half-full selves and were more likely to see the mixtures as half-appetizing," wrote Dr. Carla Clark.

In another study, researchers found calm woodlice influenced the behaviour of their neighbours, causing other woodlice to become relaxed.

Neither study offers conclusive proof that insects experience emotion, Clark said, but the results should make you think twice before you roll up that newspaper or go searching for nearby shoe.

"With insect brains surprising even entomology experts in their extraordinary similarities with our own brains ... the similarities may be more profound than we would like to think," Clark said.

LUKE SIMCOE/METRO

> **We may be one step closer to comparing insects' experiences of feelings with our own.**
> Dr. Carla Clark

B.C. WILDFIRES TURN DEADLY Smoke from wildfires in the interior of British Columbia blanket downtown Vancouver on Sunday. Air quality advisories have been issued across southern Vancouver Island, the mainland coast, Metro Vancouver and the Fraser Valley. People with heart or lung problems or medical conditions such as diabetes, as well as the elderly and the very young, are urged to remain indoors and limit strenuous activity. JONATHAN HAYWARD/THE CANADIAN PRESS

CITIZENSHIP

New law has focus groups worried

Dual citizens say they're concerned the government's new powers to take away Canadian citizenship are stigmatizing certain communities.

Members of the Indian and Filipino communities in particular told the federal government during focus groups late last year they're worried about the long-term implications of the new law.

It allows the government to take away Canadian citizenship from any dual citizen found guilty of terrorism, treason and high treason, and spying for a foreign government.

The government argues the provisions are in line with what other countries are doing and those who commit such acts are disloyal.

But focus-group participants said the law has left them wondering whether they should drop their dual citizenship in case the rules eventually expand to encompass other crimes, putting their status as Canadians at risk.

This week at the United Nations, some human rights groups are raising the citizenship revocation powers as part of a discussion of Canada's compliance with international civil rights covenants.

THE CANADIAN PRESS

Feds soften up on bribery, laundering

ANTI-CORRUPTION

Ottawa makes changes to procurement rules, penalties

Ottawa has softened its anti-corruption rules, reducing the penalties for companies that are seeking government work after being convicted of bribery, money laundering and other offences.

Under the new procurement rules announced Friday, companies can still be barred from government contracts for 10 years if they have been convicted of such offences in the past three years.

But that ban can be cut in half if the company co-operates with authorities and takes remedial action.

Also, suppliers will no longer be automatically ineligible for government work because of the conduct of affiliates unless it can be demonstrated that the supplier had control over the convicted affiliate.

Canada's business lobby has been urging Ottawa to make changes to procurement rules it labelled as "draconian."

Public Works Canada says the new rules are fair, ensure due process and better align with international best practices.

SNC-Lavalin chief executive Robert Card has warned of the negative consequences for his company if the federal protocols used in awarding contracts weren't changed in light of the company's legal troubles. The company has been beefing up its compliance rules since improprieties surfaced three years ago.

The RCMP charged SNC-Lavalin and two of its subsidiaries with one count of fraud and one of corruption last February over its dealings in Libya.

The Montreal-based company has said it will plead not guilty to the charges but is willing to pay a fine for the alleged transgressions of former employees. The case will be back in court in October. THE CANADIAN PRESS

10

Companies can still be barred from government contracts for 10 years if they have been convicted of bribery, money laundering or other offences in the past three years.

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Greece's future unclear after referendum 'No' win

DEBT CRISIS

Finance minister resigns to ease negotiations

Despite triumphing in a popular vote against austerity, Greece on Monday faced the urgent need to heal its ties with European creditors and reach a financial rescue deal that might prevent it from falling out of the euro — possibly within days.

Prime Minister Alexis Tsipras won big in Sunday's referendum, in which 60 per cent of Greeks rejected the economic measures creditors had proposed in exchange for loans the country needs to remain afloat. He also received the rare backing of opposition parties to restart bailout negotiations.

But his bolstered mandate to push for better concessions from creditors hit the hard reality of the country's deteriorating finances, with the banks facing the risk of collapse within days unless a rescue deal is reached.

In a sign that he hopes to reach a deal as soon as possible, Tsipras appointed a new mild-mannered finance minister to lead talks with bailout creditors and replace Yanis Varoufakis, the hard-talking professor who clashed regularly with his European counterparts.

Euclid Tsakalotos, a 55-year-old economist, appears more willing to reach a compromise with creditors and will be tested as soon as Tuesday, when he will meet the other 18 eurozone finance ministers in Brussels.

"After yesterday's celebrations in the streets there's a danger of a rude awakening soon.
Germany's Vice Chancellor, Sigmar Gabriel

That meeting is meant to seek the basis for a deal that European leaders, including Tsipras, might discuss at an emergency summit later in the day. Ahead of the summit, Tsipras spoke by phone with German Chancellor Angela Merkel.

Greece's financial situation is getting more difficult by the day. It had to close the banks last week to prevent their collapse in the face of a run, and imposed limits on cash withdrawals and transfers.

Greek banks remained closed Monday, with only a few branches opening for pensioners to receive emergency assistance. Louka Katseli, head of the Greek Bank Association, said she expected banks to remain closed for at least two more days.

The government is expected to extend the restrictions on withdrawals after the European Central Bank makes a decision later Monday on cash support for Greek banks.

The ECB has frozen the amount of credit it allows Greek banks to draw on, even though their cash requirements are growing as people rush to withdraw what money they can.

THE ASSOCIATED PRESS

Outgoing Greek Finance Minister Yanis Varoufakis is surrounded by media Monday, as he tries to leave on his motorcycle, following his resignation in Athens.
PETROS KARADJIAS/THE ASSOCIATED PRESS

SEX ASSAULT SUIT

Cosby admitted drugging women

Bill Cosby admitted in 2005 that he got quaaludes with the intent of giving them to young women he wanted to have sex with, and that he gave the sedative to at least one woman and "other people," according to documents obtained Monday by The Associated Press.

That woman and a second woman testified in the same case that they knowingly took quaaludes from him, according to the unsealed documents.

The Associated Press had gone to court to compel the release of the documents from the deposition in a sexual abuse lawsuit filed by former Temple University employee Andrea Constand — the first of a cascade of sexual abuse lawsuits against him. Cosby's lawyers had objected on the grounds that it would embarrass their client.

Cosby settled that lawsuit under confidential terms in 2006. His lawyers in the Philadelphia case did not immediately return phone calls Monday.

Cosby, 77, has been accused by more than two dozen women of sexual misconduct, including allegations by many that he drugged and raped them in incidents dating back more than four decades. Cosby has never been criminally charged, and most of the accusations are barred by statutes of limitations.

Cosby, giving sworn testimony in the lawsuit accusing him of sexual assaulting Constand at his home in Pennsylvania in 2005, said he got seven quaalude prescriptions in the 1970s. The lawyer for Constand asked if he had kept the sedatives through the 1990s — after they were banned — but was frustrated by objections from Cosby's lawyer.

THE ASSOCIATED PRESS

IN BRIEF

Boy dies after punishment for eating cake: Police

Police say a nine-year-old boy has died after he was allegedly handcuffed and beaten for eating a piece of birthday cake without permission.

The mother's boyfriend, 30-year-old Robert Wilson, was charged Wednesday with first-degree assault and child abuse.

It's not clear whose cake it was. The boy had had a birthday three days earlier.

THE ASSOCIATED PRESS

Sex on public beach nets prison sentence for man

A man convicted of having sex on a Florida beach in front of families was sentenced to 2-1/2 years in prison on Monday.

Jose Caballero, 40, and Elissa Alvarez, 21, were convicted in May of two counts of lewd and lascivious behaviour. They were videotaped having sex on a Manatee County beach last summer in broad daylight. Witnesses testified that a 3-year-old girl saw them.

THE ASSOCIATED PRESS

IRAQ

Homes bombed, malfunction blamed

An Iraqi fighter jet accidentally dropped a bomb over a Baghdad neighbourhood on Monday, killing at least 12 people on the ground, Iraqi officials said.

The plane — one of several Russian-made Sukhois used by Iraq in the fight against the Islamic State group — was returning to base when the accident happened.

Military spokesman Brig. Gen. Saad Maan Ibrahim told The Associated Press that a technical failure caused the Sukhoi jet to drop the bomb, which hit a number of houses in the Iraqi capital's eastern neighbourhood of New Baghdad.

Three children and two women were among the 12 killed, a police officer at the scene and a medical official at a nearby hospital said. At least 25 people were wounded, the two officials added.

AP footage showed rescue teams in orange jumpsuits and blue helmets searching through the rubble for victims. At least one victim was seen wrapped with a blanket and being rushed to an ambulance.

Iraq is going through its worst crisis since the 2011 withdrawal of U.S. troops. The Islamic State group controls large swaths of the country's north and west following a blitz last year when the militants captured Iraq's second-largest city of Mosul and the majority of the western Anbar province.

Also Monday, separate attacks in and around Baghdad killed at least seven people.

The deadliest took place in Baghdad's southern suburb of Arab Jabour when a booby-trapped house exploded, killing three members of security forces and wounding nine, a police officer said.

In another attack, two soldiers were killed and five hurt when mortar rounds hit their base in Abu Ghraib, west of Baghdad, the officer said. And two civilians were killed and six wounded in a bomb explosion at an outdoor market in the western Ghazaliyah neighbourhood.

Medical officials confirmed casualty figures. All officials spoke on condition of anonymity as they were not authorized to release information.

THE ASSOCIATED PRESS

Nuns wait for the arrival of Pope Francis in Quito on July 6. Pope Francis landed in Ecuador on Sunday to kick off his first South American trip in two years that will also take him to Bolivia and Paraguay. GETTY IMAGES/THE ASSOCIATED PRESS

Horde gathers for Pope's Mass

ECUADOR

Francis praises families as the bedrock of human society

Hundreds of thousands of people filled a park in Ecuador's main port city Monday for Pope Francis' first big event of his three-nation South American tour, hoping for a glimpse of Latin America's first pope returning to his home soil for a Mass dedicated to the family.

Many pilgrims spent the night outdoors, and some walked for miles to reach the park on Guayaquil's northern outskirts where the crowd sang hymns and sought pockets of shade to keep cool amid the scorching sun and high humidity. Firefighters sprayed them with water hoses to provide relief.

"I'm tired. I'm hungry, I haven't slept but I'm also full of emotion and joy in my heart," said Vicente Huilcatoma, a 47-year-old retired police officer who walked 40 kilometres to reach Samanes Park.

The Vatican had originally estimated more than 1 million people would turn out for the Mass, and government organizers put the crowd at above 1 million people in the hour before the service began. But Gabriel Almeida, the government spokesman at the scene, rolled back the estimate to several hundred thousand after officials viewed aerial images of the area.

In his homily, Francis praised families as the bedrock of society — "the nearest hospital, the first school for the young, the best home for the elderly" — and said miracles are performed every day inside a family out of love. But he said sometimes the love and happiness runs out.

"How many women, sad and lonely, wonder when love left, when it slipped away from their lives?" he asked. "How many elderly people feel left out of family celebrations, cast aside and longing each day for a little love?"

A preliminary meeting of bishops on family issues ended last year in bitter divisions between liberals and conservatives, particularly over ministering to gays and to Catholics who divorce and remarry outside of the church. Church teaching holds that Catholics who enter into a second marriage without having the first one annulled cannot receive Communion.

In his homily Monday, Francis said he hoped the second meeting of bishops on family life, scheduled for October, would come up with "concrete solutions to the many difficult and significant challenges facing families in our time."

THE ASSOCIATED PRESS

> **I haven't slept but I'm also full of emotion and joy in my heart.**
> Vicente Huilcatoma

JOSEPH KONY

Fugitive African warlord is ill: Ex-rebels

The fugitive leader of the Lord's Resistance Army is sickly and in retreat from an international manhunt that includes U.S. forces, a Ugandan military spokesman said Monday, citing the accounts of recent defectors who are backing up reports that the rebel group is in decline.

Joseph Kony is possibly suffering from diabetes, according to defectors who surrendered to Ugandan troops last month in Central African Republic, said Lt. Col. Paddy Ankunda. That account is probably true, he said, because Ugandan intelligence over the years "also indicates that Kony has diabetes."

Kasper Agger, a researcher with the watchdog group Enough Project, said he receives many reports of Kony's failing health but it is impossible to verify them. The reports from defectors suggest that the apparently ill Kony "doesn't have the same willingness to fight," he said.

Although many of the defectors said Kony is suffering from diabetes, some also suggested the elusive warlord has AIDS, he said.

Kony is believed to be hiding in Kafia Kingi, a Sudanese-controlled enclave on the border of Central African Republic and South Sudan. Watchdog groups have described Kafia Kingi as a safe haven for Kony because African troops hunting for him do not have access to the territory.

The Lord's Resistance Army, which originated in Uganda in the 1980s as a tribal uprising against the government, became notorious for kidnapping children as fighters and forcing girls to be sex slaves. Kony became infamous across the world in 2012 when the advocacy group Invisible Children released an online video.

THE ASSOCIATED PRESS

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Crisis won't slow Greek imports

CANADIAN ECONOMY

Suppliers have stockpiles of the country's goods stored

Major Canadian importers of olive oil, sea salt, preserved vegetables and other delicacies from Greece say they've been stockpiling goods in their warehouses in anticipation that the economic turmoil overseas will get worse.

The Canadian companies say the economic crisis in Greece won't keep products off store shelves here for a while, but recent events make their preparations seem wise.

A referendum held on Sunday saw Greek citizens reject the idea of adopting more austerity measures in exchange for financial aid from the European Union. The debt-ridden country has closed its banks for six working days and imposed strict limits on cash withdrawals.

Canadian businesses are keeping a close eye on the economic situation, but don't immediately seem to feel their bottom lines will require much extra scrutiny.

"Business as usual for us," said Miltiadis Antypas, President of Pilaros International Trading Inc. "The companies we're dealing with, most of them are multinational. They don't pay us, we pay them, so the situation is not changing for us."

The food products that companies such as Pilaros import to Canadian shores represent a significant piece of the Greek-Canadian trading relationship.

According to 2014 figures posted on the country's Greek embassy website, Canada imported nearly $57 million in food products from Greece.

Besieged by a prolonged recession, high unemployment and banks dangerously low on capital, Greece defaulted on repaying a loan to the International Monetary Fund last week, becoming the first developed state to do so.

Now some analysts wonder if Greece is so starved of cash that it could be forced to start issuing its own currency and become the first country to leave the 19-member eurozone since 1999.

Greece and its creditors will meet again today to discuss how to keep the country in the euro, but remain far apart on key issues. THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

> **The companies we're dealing with, most of them are multinational. They don't pay us, we pay them, so the situation is not changing for us.**
> Miltiadis Antypas, Pilaros International Trading Inc.

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- Ability to thrive under pressure in a fast paced, multi-faceted and deadline driven environment with strong attention to detail (typography, copy, grammar, layout, images, colour, etc.)
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- Must be highly skilled at multi-tasking, prioritizing workload efficiently, and tracking ad material
- Post secondary degree or diploma in Graphic Design (Print)
- 3+ years design experience within a media environment

Interested individuals who possess the skills described above are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than July 17, 2015.

PLEASE QUOTE: "Graphic Designer – Winnipeg" in the Subject Line.
All submissions will be treated as confidential.

metro

Starbucks says it's hiking prices again beginning today with the increases ranging from 10 to 20 cents for affected brewed coffees and lattes. THE ASSOCIATED PRESS FILE

COFFEE

Starbucks hikes drink prices

Starbucks Canada will raise prices on some of its beverage sizes by 10 to 20 cents starting today.

The coffee chain says the adjustments will only apply to 10 per cent of its drinks — and won't impact some of its most popular items.

Company spokeswoman Carly Suppa says the price hikes will vary by province.

She says a brewed coffee in a Venti cup — the largest size at Canadian stores — will increase by 10 cents in some provinces.

Lattes in a Grande or Venti cup will go up by 20 cents, depending on the province.

Suppa says prices for these particular drinks haven't increased in a year and a half, to three years.

In the United States, Starbucks also announced separate price changes to some of its drinks.

The company says small and large coffees will each go up by 10 cents U.S. in most areas of the country.

The decision comes even as some other U.S. coffee sellers cut their prices because of declines in future prices for unroasted coffee beans.

THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

BANK OF CANADA

Businesses divided on bank's outlook report

There is a divide in business confidence across the country as low oil prices weigh on the outlook for some regions more than others, according to the latest reading from the Bank of Canada.

The summer edition of the central bank's business outlook survey suggests businesses on the prairies expect sales to slow over the next 12 months as the oil price shock spreads across other sectors. However, the Bank of Canada says the story isn't the same across the country.

"On the other hand, domestic demand is strengthening in regions that are less exposed to the energy sector," the report said.

Overall, the survey said more firms reported sales growth accelerated over the last 12 months than those that saw growth slow, but the margin shrank compared with earlier surveys.

The central bank is expected to cut its expectations for growth in the second quarter following a pullback by the economy in April, but its plan for interest rates is less clear.

> **The modest improvement and the upbeat tone for Central Canada ... slightly lower the odds of a move.**
> Benjamin Reitzes, BMO senior economist

"With rate cut speculation heating up ahead of next week's policy announcement, the modest improvement and the upbeat tone for Central Canada and manufacturing slightly lower the odds of a move," said BMO senior economist Benjamin Reitzes.

A lower dollar is also affecting investment decisions as some businesses suggest they plan to restrain spending as a result of higher costs for imported equipment. THE CANADIAN PRESS

IN BRIEF

Beef prices rise as dry farming conditions persist

The cost of beef continues to climb to new highs as dry conditions affect Canada's cattle heartland. According to data released by Statistics Canada, the price of 100 pounds of Alberta beef at slaughter rose to $192.80 in May — a 36 per cent jump from May 2014. High cattle prices have translated to soaring prices in stores, with ground beef costing $12.64 a kilogram. THE CANADIAN PRESS

market minute

DOLLAR 79.04¢ (-0.58¢)

TSX 14,593.57 (-88.82)

OIL $52.53 US (-$4.40)

GOLD $1,173.20 US (+$9.70)

NATURAL GAS: $2.756US (-6.6¢)
DOW JONES: 17,683.58 (-46.53)

metro VIEWS
Your essential daily news
Tuesday, July 7, 2015

the big question

How often are bomb threats credible?

Pretty rarely. For example, of 1,055 U.S. school bomb incidents from 1990-2002, only 14 (1.3 per cent) saw threats beforehand. Risk management experts Frederick Calhoun and Stephen Weston identify two types of threat-makers, who rarely overlap. "Howlers," like those who called in a string of threats to airlines this week, inflict mostly inconvenience. A full-throated police response gives these miscreants exactly what they want: Attention. Dangerous, methodical "hunters," on the other hand, generally don't advertise their plans. That would include the Winnipeg mail bomber who badly injured one woman Friday and put residents on edge, leading to more (ultimately false) suspicious-package reports. Just one notorious group was known for courtesy calls before attacks — the IRA. But they would often call in a threat, set off an explosion, then detonate secondary bombs targeting first responders. METRO

Opponents of bike plan would benefit the most

YOUR RIDE

Colin Fast

The strange thing about Councillor Russ Wyatt's opposition to the city's new bike plan is that one of people it would benefit the most is ... Russ Wyatt.

If not Wyatt himself, then certainly his Transcona constituents, who are currently cut off from the rest of the city when it comes to active transportation infrastructure.

The Transcona Trail is a perfect example. It's a fantastic paved route that's well-used all year long, which is a bit surprising, because it doesn't really go anywhere.

The trail starts in the parking lot of a Costco, and deadends before the Perimeter Highway. While it's somewhat useful to move around Transcona, it has no connection to the city's pathway system. Making your way to or from downtown requires a white-knuckle ride along Regent Avenue, or a long detour through a mall parking lot and several back roads until you end up in St. Boniface.

Meanwhile, at the south end of the ward, a relatively new cycling path along Dugald Road disappears in the parking lot of an RV dealership, a kilometre short of Lagimodière.

But the cycling strategy promises to change all that. A link between the Transcona Trail and downtown is identified as a high priority, and finishing off the Dugald pathway is listed as a medium-term project.

On top of that, new cycling and walking paths would be built to join Transcona to the Chief Peguis Trail to the northwest, and a network of greenways would be developed along low-traffic routes throughout the community.

In short, Transcona would go from being a remote island to a cycling paradise, which would not only benefit local residents, but also draw more recreational cyclists into the area to check out the pathway system (and stop for coffee, ice cream or lunch while they're there).

It's a similar situation over in Elmwood and North Kildonan, where the Northeast Pioneers Greenway runs all the way from the Perimeter to ... well, nowhere. The trail just stops at Talbot Avenue, a few blocks short of jumping across the Red River into downtown.

Making that connection is also one of the highest priorities in the new cycling strategy, yet area councillors Jason Schreyer and Jeff Browaty have teamed up with Wyatt to oppose the plan and gut the proposed funding for it.

For some reason, Browaty even objects to the province spending its own money to extend the Greenway across the Perimeter to create a safe route all the way to Birds Hill Park.

Making connections between neighbourhoods and elevating our patchwork of pathways into an integrated network is one of the main goals of the cycling strategy. It will make life easier for bike and car commuters, make streets safer for kids and families, and encourage more people to get out and explore our city.

If Wyatt, Schreyer and Browaty don't think those are worthwhile results, then they might need to establish better connections with the people they're supposed to represent.

Colin Fast is a communications specialist and freelance journalist in Winnipeg. Out of guilt, he avoided looking directly at his unused bike while writing this column. Find him @policyfrog on Twitter.

metroview

It's about time for Calgary to hold a #SafeStampede

Emily Jackson
Metro | Vancouver

The Calgary Stampede may have been established on rodeo, rides and beef-on-a-bun, but corporate-sanctioned caesars before noon can lead to a debauched 10-day bender for wannabe cowboys (regardless of gender) looking to blow off steam.

Most are respectful and jovial. But some men, instead of embodying Western hospitality, transform into dude-bros who feel entitled to disrespect or harass women. Catcalls. Ass-grabbing. Name-calling if you look less than pleased by these charming advances.

For those who question whether this is really a problem, I conducted a (very unscientific) survey of 10 female friends in their 20s and 30s, all of whom attend Stampede annually, before writing this column. Half of these women — HALF! — have been grabbed at over the years while walking through crowded party tents. The most recent incident occurred Friday at Cowboys, the club with the slogan "The most fun you can have with your boots on." A guy grabbed under a friend's skirt. I'm told he got a lecture.

I've had my butt grabbed at the Stampede twice. One time, it happened so quickly I couldn't pick the offender from the jeering herd; the other time, I was told I "overreacted" for telling the guy off.

So I tip my hat to the Calgary Stampede for jumping on the anti-sexual-harassment wagon. It's about time.

The city's top brass, including the Stampede CEO and Mayor Naheed Nenshi, quickly endorsed the #SafeStampede campaign, which was created by a group of women to encourage respect and share information about consent and sexual harassment.

Thanks for the leadership, folks. It sends a message to people attending one of Canada's largest events that harassment isn't condoned and that donning a plaid shirt and cowboy boots isn't a licence to make women feel unsafe.

Don't get me wrong, I love the Stampede (including line dancing at Cowboys after a few spiked lemonades) more than most. I return every year for the festivities even though I haven't hung my hat in Calgary for more than a decade.

But until this campaign snapped me to attention, I viewed the harassment as an irritating but inevitable part of the Stampede.

I hope this campaign will add to the culture shift away from victim-blaming and objectification. Whether it's #YesAllWomen, which highlights stories about everyday harassment, or Ontario's ongoing #WhoWillYouHelp initiative, our society seems to be more aware of sexist violence and harassment.

We don't have to be resigned to bad behaviour. It may be the Wild West, but adopting that mentality shouldn't mean accepting harassment.

Rosemary Westwood will return Wednesday.

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Your essential daily news

How is Malia Obama filling her summer break? As an intern on the set of Lena Dunham's Girls

Amy hot enough for big screen

TRAINWRECK

Inside Amy Schumer star on her first film and fame

Richard Crouse
Metro | Life

Amy Schumer is having a fantastic year. The standup comic, television star and headline magnet is about to add movie star to her resumé.

Inside Amy Schumer, her Peabody Award-winning TV show, makes news every single week, whether it's tackling topics like high school rape culture in a Friday Night Lights takeoff or assembling a jury, à la 12 Angry Men, to debate whether Schumer is quote, hot enough, unquote, to be on television.

She's everywhere and soon she'll be on the big screen in Trainwreck, directed by comedy maestro Judd Apatow from a script by Schumer. In the most unconventional rom-com since Bridesmaids she stars as a young, promiscuous New York woman who drinks too much and finds true love despite doing everything to avoid it.

"Because you do this work you feel proud of, I feel you're punished by having to dress up like a show poodle
Amy Schumer on fame

"To be me right now is very weird," she says. "It's weird, I feel like I am famous all of a sudden. I've been kind of recognizable but now it is very different and it is very new. It's overwhelming. It is a little scary. I'm on the subway and it's not like one or two people — it's like the whole car wants a picture. It's overwhelming.

"I never thought about being famous. That was never part of my thing, but once it was on the horizon as a possibility, it seemed like a real bummer. I could see there's no upside. The upside is I sometimes get free appetizers and I can get a reservation at a restaurant. I only go to one place in New York, it's a tea place, the Tea Cup, and they don't take reservations but I can make a reservation there. I swear I don't see another upside. It sucks."

As that last quote displays, Schumer's work is characterized by a lack of pretence.

"I like to get rid of artifice," she says. "I haven't gone to the bathroom in three days and I'm hungover and that's OK."

But these days she's more often than not very publicly on display.

Top, Amy Schumer with director Judd Apatow, left, and co-star Bill Hader on the set of Trainwreck, which she wrote. Bottom, Schumer in two scenes from Season 3 of Inside Amy Schumer, the finale of which airs tonight on Comedy Central. CONTRIBUTED

"It's very hard for me to be in hair and makeup all the time and clothes I don't feel comfortable in. Because you do this work you feel proud of, I feel you're punished by having to dress up like a show poodle."

Trainwreck is set in New York but not because it is the traditional home of the classic rom-coms, but because "I just don't know any other city," she says. "I am a creature of habit. I just like going to the Comedy Cellar and walking around the reservoir in Central Park."

She may be a creature of habit in her personal life, but has shaken up the formula for her first movie, although she balks at the suggestion that she switched the gender roles in the film.

"If a guy doesn't call me back, it is a blow to the ego, but I'm not like, 'But... why? I have a great job'
Amy Schumer on gender roles in Trainwreck

"It was a complete surprise to me," she says. "There wasn't a thought of, 'I'm playing the male role.' It makes sense to me. I know in most movies it's not this way, but in my real life and in the lives of the women I'm close to and in this age, I've found that, as somebody who is still out there dating, that the men often times are the more vulnerable of the two and just more sensitive. Mostly about it being over. If you go out with someone once and you're just not feeling it, if a guy doesn't call me back it is a blow to the ego, but I'm not like, 'But ... why? I have a great job.'

"It's funny, I was watching The Bachelorette, I'm a fan. One of the guys was feeling rejected and he kind of turned on her. She didn't do anything to him but he was like, 'My ex-girlfriend was twice as hot as her.' I think the male ego is way more sensitive than the female ego. It was not a conscious decision to reverse the roles. That has really been my experience."

She says watching the final cut of the film and seeing the audience reaction at SXSW earlier this year "was the best night of my life so far."

"I'm already proud of the movie. The movie is already a success to me. My peers really like it and I got to give my friends work and they did great in it. Beyond that, I hope it changes the perspective of people who see it. I hope people are a little less likely to judge and women feel more empowered."

Listen to the podcast of Richard Crouse's interview with Amy Schumer at metronews.ca

Ballerina on Broadway

DIFFERENT STAGE

Misty Copeland to make debut in On the Town this summer

Ballerina Misty Copeland, who just became the first African-American woman to be a principal dancer at American Ballet Theatre, has another breakthrough planned — a debut on Broadway.

Producers of the high-energy revival of On the Town said Sunday that Copeland will join the show from Aug. 25 to Sept. 6, playing Miss Turnstiles, a love interest for one of three sailors enjoying a few hours of shore leave in 1940s New York.

"I don't know if I know what I'm in for. It's going to be a huge challenge for me. It's quite a departure from what I'm used to. But I love a challenge and I think it's going to help me grow as an artist," Copeland said.

The role requires both acting and singing, in addition to plenty of dancing, including a 15-minute ballet at the end. The role is currently filled by Megan Fairchild, a principal dancer at the prestigious New York City Ballet.

"I can carry a tune. We'll see what happens," she said. "I'm excited. I'm a Virgo and we're a little bit anal and we're definitely hard workers, so I'm going to put my all into this."

Copeland saw the show a few months ago with her boyfriend, knowing the offer of replacing Fairchild was on the table. "It's probably the best show I've ever seen, I think," she said. "I was just blown away."

The ballerina will play six performances during the eight-show week, including the Tuesday, Thursday and Friday evening shows, as well as the matinees on Wednesday, Saturday and Sunday.

Copeland has been named by Time magazine one of the most influential figures of 2015, and written both a children's book, Firebird, and a bestselling memoir, Life in Motion: An Unlikely Ballerina. She's also performed in a music video with Prince and was featured in a hugely popular online ad for Under Armour sportswear.

> "That's always been my goal: to just bring more people into (dance)."

The dancer also has appeared as a guest host on the Fox show So You Think You Can Dance and was a presenter at this year's Tony Awards. Copeland, 32, said she relishes bringing dance to an audience in any form she can.

"Whether it's Broadway or ballet, that's always been my goal: to just bring more people into it," she said. "Because I think it's so special and I think the arts can do so much for a person, not just a child. It's completely changed and altered my life in so many amazing ways."

THE ASSOCIATED PRESS

Misty Copeland performs in Swan Lake in Australia in 2014.
DARREN THOMAS/ABT VIA THE ASSOCIATED PRESS

Cymbals Eat Guitars ERIC WHITE/HANDOUT

THIRD ALBUM

Band back after 'fake' success with new sound

Cymbals Eat Guitars followed a trajectory all too familiar in the pop-music scene.

They released a hugely popular first album, suffered through some changes and a sophomore album that didn't connect with fans in quite the same way. But frontman Joseph D'Agostino didn't give up on the band, and came back with a third album, Lose, that was tremendously personal, reflecting his feelings on the death of his best friend, and the group seems poised to reestablish itself.

"Lose felt like a first record in a lot of ways," says D'Agostino. "We had a bunch of fake success on the first record, and it was fun and real in a way because we got to go around the world and play our songs, but it was fake in that once we released a second album that wasn't super hot, there was virtually no one at the shows."

Though the album has been out for a year now, the material remains as fresh as ever to perform.

"I think the first few months, it was more emotionally taxing to do. It may sound weird, but it lessens a little bit over time and it's just more fun," he says. "The songs are more fun, compositionally. The lyrics are heavy and everything, but I think getting the record out there and making it was something I had to do."

While pouring his heart out on stage can be a little scary, D'Agostino says he thinks he'll stay in that more personal track going forward. The group's recent tourmates have been an influence.

"We toured with Bob Mould a lot in September and Brand New in October," he says. "You see the way their fans react to that and identify with it."

LISA WEIDENFELD/METRO IN NEW YORK

THE INDUSTRY

Friday is the new Tuesday: Why there's no new music today

SOUND CHECK
Alan Cross

There is no new music on sale at your local record store today. There's nothing new on iTunes, either. In fact, there's no new music available pretty much anywhere in the world right now. But don't panic.

Releasing new music has always been chaotic. Once upon a time, albums came out ... whenever. Depending on the supply links to your record store and your geographic location, you might find a album on the shelves any day of the week. But this made compiling weekly sales charts difficult, so decades ago the industry decided to co-ordinate things.

If you're of — ahem — a certain age, you may remember lining up at a record store late on a Monday evening for the opportunity to buy a big album when the store reopened its doors at 12:01 a.m. Tuesday. This is because Tuesday was the designated day for new music releases in North America.

But in Britain and France, that album had already been out for 24 hours as their appointed day for new music was Monday. Japan made people wait until Wednesday. And music fans in Germany, Australia and a host of other countries either had to wait until Friday or they had already seen the record the previous week.

This wasn't a big deal when physical releases ruled. But now that music files can whip around the planet in fractions of a second, a Monday release in the U.K. can have an impact on sales in other territories. This old regimented release schedule didn't make sense anymore.

> **Now that music files can whip around the planet in fractions of a second ... (the) old regimented release schedule didn't make sense anymore.**

That's why earlier this year, the 45 biggest music markets in the world — including Canada — agreed that as of Friday, July 10, new music will become available at 12:01 a.m. local time.

As this is the week when we make the transition, this is the first Tuesday in years with no new inventory for us to buy. While changing this new schedule isn't trivial (so many of the moving parts of the music industry and radio are geared to new music on Tuesdays), it's hoped that this will have a positive effect on sales.

The thinking is that releasing new material on Friday will encourage more customer traffic on the days when consumers spend the most, thereby boosting music sales. Some retailers disagree; they're afraid this will depress sales throughout the week.

The question is, in an era when everyone gets their music in so many different ways, will the public even notice?

IN BRIEF

Stingray creates streaming app for the "90 per cent"

While music fans have been walloped with an endless array of streaming options that deliver instant access to their favourite tracks, Stingray Digital says all of those services fall short of expectations.

Just a few weeks after Apple Music launched in Canada, the Montreal-based company plans to unveil its latest play for the consumer music market, a commercial-free mobile phone app called Stingray Vibes.

Unlike on-demand music services, users can't pick the specific tracks, but Stingray chief executive Eric Boyko says that's a selling point for people used to traditional radio.

"We are for 90 per cent of the population that wants non-interactive music that's very passive," Boyko said.

THE CANADIAN PRESS

metro SPORTS

Rory McIlroy's British Open title defence next week is in doubt following a major ankle injury

Tuesday, July 7, 2015

O'Shea believes Willy will be back versus Alouettes

Drew Willy is expected to resume starting quarterback duties this Friday against the Alouettes. JOHN WOODS/THE CANADIAN PRESS

CFL

Bombers QB could be ready to go after helmet-to-helmet hit

There's no doubt in head coach Mike O'Shea's mind who his starting quarterback will be Friday night.

O'Shea told reporters Monday he expects incumbent Drew Willy under centre when the Bombers host the Montreal Alouettes.

Willy took a helmet-to-helmet hit that forced him out of Winnipeg's 52-26 home-opening loss the Hamilton Tiger-Cats on Thursday night.

Willy practised with the starting offence Monday and said afterwards he experienced no lingering effects from the injury.

"We don't usually set our roster until Day 3 anyway but I'd say he's playing," O'Shea said.

Willy, in his second season as Winnipeg's starter, can't see any reason why he won't play against Montreal.

"I feel good," he said.

"I had a pretty clean day out there . . . I processed everything fast out there. I look forward to looking at the practice film and keep working this week."

Willy was hit late in the opening quarter by Hamilton defensive lineman Adrian Tracy. He remained down for several minutes but walked off on his own.

There was no penalty on the play, however the CFL is expected to review the incident.

While Willy was motionless initially, he said he remembers everything about the hit.

"I was just trying to make a play, he (Tracy) came and obviously made a hit on me," Willy said. "It doesn't look good or anything but that's football.

"I know what I signed up for."

Willy watched the remainder of the first half from the tunnel before retreating to Winnipeg's locker-room in the second half. The former University at Buffalo star said he felt well enough to return and expressed that sentiment to the Bombers, who opted against allowing him back in.

Quarterbacks have been hard hit by injuries already this season. Toronto's Ricky Ray (shoulder) opened the season on the six-game injured list while Montreal's Jonathan Crompton (shoulder), Edmonton's Mike Reilly (knee) and Saskatchewan's Darian Durant (Achilles) were all hurt in their clubs' season openers.

Reilly is out 10 to 12 weeks ,while Durant's injury ended his season.

THE CANADIAN PRESS

BIG EAST

East Division teams are getting the best of their Western counterparts early this season.

East clubs are 5-1 in head-to-head matches after going 4-0 last weekend. The Toronto Argonauts have recorded consecutive wins over Edmonton and Saskatchewan to lead the way.

The West's lone win was Calgary's season-opening 24-23 home decision over Hamilton in a rematch of last year's Grey Cup game. The Stampeders needed Rene Paredes' 50-yard field goal with no time remaining to earn the victory.

WIMBLEDON

Murray next for Pospisil

After 10 sets of tennis and a pair of marathon rallies from two sets down Vasek Pospisil is looking forward to a day off.

The Vancouverite was on the court for almost six hours Monday at Wimbledon. Hours after coming back from two sets down to beat Viktor Troicki in the fourth round of men's singles, Pospisil and doubles teammate Jack Sock fell to Australia's John Peers and Britain's Jamie Murray.

"It was a long day, for sure," Pospisil said. "Pretty tired right now, but I have a day off tomorrow, so that's good."

Vasek Pospisil GETTY IMAGES

He will need all the rest he can get, as his quarter-final opponent on Wednesday is No. 3 seed and 2013 Wimbledon champion Andy Murray.

The unseeded Canadian advanced to the quarter-finals after a 4-6, 6-7 (4), 6-4, 6-3, 6-3 win over Troicki, the No. 22 seed from Serbia.

"It was tough. I didn't have the start I wanted to have, and then ... I got unlucky a little bit in the (second set) tiebreaker there," Pospisil said. "I made a couple of good adjustments on my return games. And even being down two sets, it didn't faze me. I feel I'm pretty tough that way. Even if I'm down, I'm always finding ways to come back."

Murray has beaten Pospisil in hard-surface tournaments at Rotterdam and Indian Wells this season, but said he is expecting a tougher challenge from Pospisil on grass.

THE CANADIAN PRESS

SISTER ACT

Serena Williams extended her mastery over big sister Venus, and kept alive her bid for Grand Slam history.

In the 26th career meeting between the siblings, Serena dominated with her steady serve and big-hitting back court game to win 6-4, 6-3 on Centre Court, extending her Grand Slam winning streak to 25 matches. THE ASSOCIATED PRESS

NHL

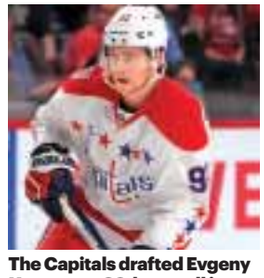
Centre Kuznetsov nets deal in D.C.

Washington Capitals centre Evgeny Kuznetsov has signed a $6 million, two-year contract.

The team announced the deal Monday.

As a rookie, Kuznetsov had 11 goals and 26 assists during the regular season, and then starred in the playoffs, with five goals and two assists. He scored twice in Game 5 against the New York Islanders in the first round, and netted the winning goal in a 2-1 Game 7 victory in that series.

THE ASSOCIATED PRESS



The Capitals drafted Evgeny Kuznetsov 26th overall in 2010. GETTY IMAGES

IN TORONTO

Leafs ink centre Matthias

The Toronto Maple Leafs signed centre Shawn Matthias to a one-year contract Monday.

The 27-year-old native of Mississauga, Ont., had 18 goals and nine assists in 78 games last season with the Vancouver Canucks.

Matthias was drafted by the Detroit Red Wings in the second round in 2006.

He has 131 points in 408 career regular-season games with the Canucks and Florida Panthers.

THE CANADIAN PRESS

MAJOR LEAGUE SOCCER

Italian great Pirlo coming to NYCFC

Italy playmaker Andrea Pirlo joined Major League Soccer club New York City FC from Juventus on Monday, little more than a month after winning a fifth consecutive Serie A title.

Pirlo spent four years at Juventus after joining from Serie A rival AC Milan, and helped it to the Champions League final this year. Juventus lost to Barcelona, missing out on a treble after winning the Italian Cup and the league title.

"It's difficult to put what I feel into words, especially as it involves four such important years of my life," the 36-year-old Pirlo wrote on his official Twitter account. "I can only say a huge THANK YOU to everyone who has accompanied and supported me in this adventure ... A heartfelt thanks to all of you."

Pirlo has won the Italian league six times, including each of the last five seasons, and the Champions League twice. He also helped Italy win the World Cup in 2006. THE ASSOCIATED PRESS

RECIPE Pasta with Roasted Tomatoes and Asiago Cheese

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

The juiciness of the roasted tomatoes adds flavour without using excess oil. This recipe serves six.

Ready in
Prep time: 15 minutes
Cook time: 15 minutes

Ingredients
- 3/4 cup red cherry tomatoes, sliced in half
- 3/4 cup yellow cherry tomatoes, sliced in half
- 2 tsp olive oil
- 1 tsp minced garlic
- Salt and pepper
- 1/4 cup seasoned bread crumbs
- 8 oz whole wheat penne
- 3/4 cup grated Asiago or Parmesan cheese
- 1/4 cup dried basil

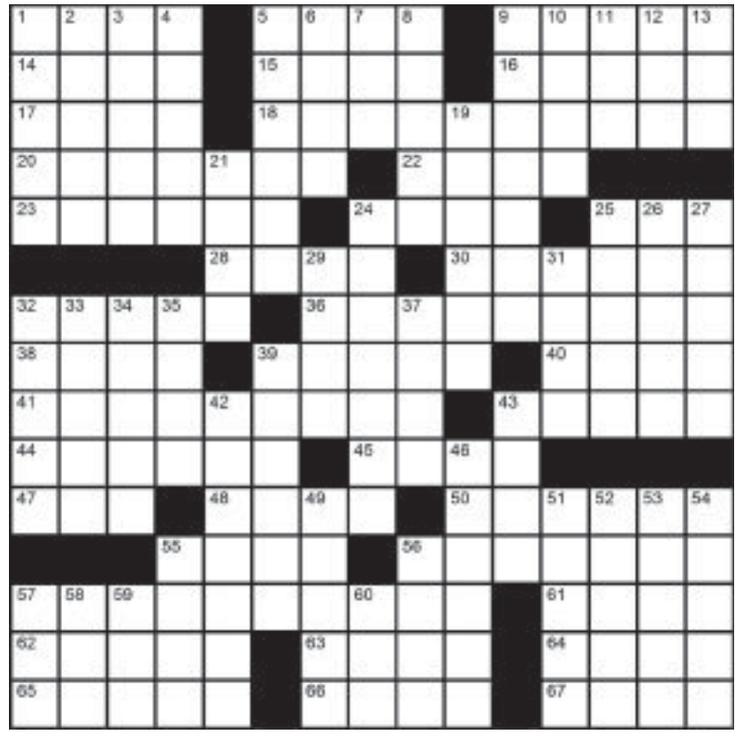
Directions
1. Preheat oven to 400 F. Spray a 9" baking dish with vegetable spray.
2. Add tomatoes, olive oil, garlic and salt and pepper. Sprinkle with bread crumbs. Bake for 15 minutes.
3. Meanwhile, cook pasta in boiling water until still firm to the bite. Drain, place in serving bowl, and add tomato mixture with cheese and basil.

Nutrition per serving
- Calories 250
- Carbohydrates 27g
- Fibre 5g
- Protein 13g
- Fat 9g
- Saturated Fat 3.5g
- Cholesterol 15mg
- Sodium 290mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "Rio _" (1970) starring John Wayne
5. Scooby- and Ski-
9. Old Testament hymn
14. Thunderstruck
15. Carve in a name
16. Shakespearean tragedy, _ and Juliet
17. Look _ (Investigate)
18. School's formal meeting place
20. Investment goals
22. Cleave
23. Rehearsal: 2 wds.
24. First Nation of Manitoba
25. Palindromic honorific
28. Art for Jean Arp
30. Pilotless aircrafts
32. Receded, as tidewater
36. The famous 'waterspout' spider's size: 2 wds.
38. Carnivore's craving
39. Rocker David
40. Low-cal
41. Sailing: Twin-hulled boat
43. Valuable virtue
44. Father of Geometry of ancient Greece
45. Exited
47. Shakespearean suffix
48. Head's holder
50. Canuck coin
55. Wistful utterance
56. Young tree
57. Douglas Fir west of Pemberton, British Columbia, which at 1,000 years old, is amongst the oldest living trees in Canada: 2 wds.
61. The Kinks hit
62. Clunker
63. Scientist's solution holder
64. On the Serta, say
65. Castle bridges cross them
66. Uptight
67. Hobby shop items

DOWN
1. "Mission: Impossible" theme music composer Mr. Schifrin
2. '70s Spanish hit: "_ Tu"
3. "Thank You" songstress
4. Pretzels brand
5. Village in the Lower North Shore region of Quebec
6. Gradually diminish
7. Block' suffix
8. Rapper, _ Kim
9. Yalie
10. Pres. Obama's former title
11. Inuit craft
12. Accustom
13. Kitchen gadget
18. _-sized (Small)
22. "What _ _ to do?"
23. Gardening tool
24. _ leg (Pants part)
25. _-annonce (Movie trailer, in French)
26. Stair part
27. Univ. web address word, sometimes
28. Scholarly deg.
29. Luxe-living magazine, _ Report
30. "Not _ _ many words."
33. "Boy _ World" ('90s TV series)
34. Paddled
35. Restaurant chain, with Bell
36. All square
40. 'Lion' suffix
42. Opera singer Ms. Grist
43. Summer hrs. in Ottawa
44. Newfoundland: L'Anse aux Meadows historic people
45. U.S. tax bureau
48. Talent
49. Hankers
50. Had
51. Fidgety
52. "Yees!" opposite
55. Plant's beginning
56. Chooses
57. Dog training command
59. Assoc.
60. Buddy
61. Jeff Lynne's gr.
62. American airer since '71
63. French vineyard

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Loved ones may not have been supportive of late but don't worry about it — it does not mean they are turning against you. They have had so many worries of their own to contend with, that's all.

Taurus April 21 - May 21
Life may be fun at the moment but you still need to tighten your belt and not waste money on things you don't really need. You may be expecting to come into some cash but don't spend it before it's arrived.

Gemini May 22 - June 21
Try not to take anything too seriously today. With so many changes taking place in your world you need to make a conscious effort to stay calm and be flexible in your approach to life's little problems.

Cancer June 22 - July 23
Mars in your sign gives you loads of energy, so if there is anything that needs doing get on it. When dealing with difficult people remember that some respond best to reason and some respond best to pressure

Leo July 24 - Aug. 23
Don't push yourself too hard today, even if you are behind in your workload. You will catch up with ease later in the month, so there is no need to worry.

Virgo Aug. 24 - Sept. 23
Your emotions are so powerful at the moment that every little thing seems like life and death, but a few days from now you will get a new and more positive perspective on life, so give yourself time and stop being such a diva.

Libra Sept. 24 - Oct. 23
This is a busy week for those born under the sign of the Scales, so pace yourself and be selective in your goals. If you throw yourself at every new challenge that comes your way your energy will soon disappear.

Scorpio Oct. 24 - Nov. 22
You will soon get the chance to move up in the world but first you need to convince yourself that you are worthy of success. Believe in yourself and the world will too.

Sagittarius Nov. 23 - Dec. 21
You need to get your feelings off your chest and let certain people know that you don't care in the slightest what they say or do or think about you. That might sound a bit extreme but it's the only approach they understand.

Capricorn Dec. 22 - Jan. 20
You may have to endure one or two setbacks today but don't let them unsettle you. Above all, don't lose your temper with people whose support you are going to need.

Aquarius Jan. 21 - Feb. 19
One-to-one relationships, both at home and at work, are going very well for you now and if you are smart you will make the most of it. In all situations you will know just what to say or do.

Pisces
Feb. 20 - March 20
You may need to shut yourself away from all possible distractions for a few hours today, especially if you want to finish a task that has been dragging. With Mars in your favour you can and you must get it done.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	6			9			5	
7		8				6		2
	4		5	2	6		8	
		3	2		7	5		
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	3			4			1	

Difficulty Level ★

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Neptune is suggesting that now may be the perfect time to get the Metro News App

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